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Harriet Cains

Harriet Cains (born 17 September 1993) is an English actress. She is best known for her roles as Jem Walker in the BBC Three series *In the Flesh* (2013–2014) and Philippa Featherington in the Netflix period drama *Bridgerton* (2020–present).

Harriet Cains

Cains in 2024

Born	17 September 1993 Nottingham, England
Occupation	Actress
Years active	2012–present
Notable work	*In the Flesh* *Safe House* *Bridgerton*

Early life and education

Cains is from Nottingham. She took acting classes at a drama club called Circle Up for three years before going on to train at the Television Workshop.[1][2]

Career

During her time with the Television Workshop, Cains was cast in short films roles as well as *Hollyoaks Later*. She became aware of auditions in Manchester for the series *In the Flesh* and she was cast as Jem Walker.[3] To prepare for the role, Cains watched documentaries about post-traumatic stress disorder and anxiety while also talking to people with experience to portray them in a realistic manner.[4]

In 2015, Cains was cast as Louisa Blackwell in *Safe House*.[5] Since 2016, she has appeared in various supporting roles, including Lizzie Hallum for the crime series *Vera*[6] and Jade Hopkirk in *Line of Duty* in early 2017.[7]

At the beginning of July 2017, it was announced that Cains would become a series regular in the second season of the ITV/Netflix series *Marcella*,[8] as single mum Gail Donovan. The second series began airing in February 2018, with Cains appearing in six episodes.

Cains was a contributing performer of all-female comedy collective *Major Labia* until 2017.[9]

In 2019, Cains was as cast as Philippa Featherington in the 2020 Shondaland and Netflix period drama *Bridgerton*, based on the books by Julia Quinn.[10] Cains is set to star opposite Luke Brandon Field in the horror film *Video Killed the Radio Star*.[11]

Filmography

Film

Year	Title	Role	Notes
2012	*The Love Interest*		Short film
	Human Beings	Jamie	
2016	*Sweet Maddie Stone*	Tammy	
2018	*Mercury*	Bambi	
2025	*Saipan*	Theresa	Feature Film
TBA	*Queer Fear*		Short film
	Video Killed The Radio Star	Maddie	Filming[12]

Television

Year	Title	Role	Notes
2012	*Doctors*	Sienna Roberts	Episode: "Contact"
2013	*Hollyoaks Later*	Harriet Gonzalez	4 episodes
2013–2014	*In the Flesh*	Jem Walker	9 episodes
2015	*Safe House*	Louisa Blackwell	4 episodes
2016	*Vera*	Lizzie Hallum	Episode: "The Moth Catcher"
2017	*No Offence*	Sally Hislop	Episode: "Episode #2.4"
	Line of Duty	Jade Hopkirk	Episode: "In the Shadow of the Truth"
2018	*Marcella*	Gail Davidson	6 episodes
2020	*Urban Myths*	Kathy Etchingham	Episode: "Hendrix & Handel"
2020–present	*Bridgerton*	Philippa Featherington/Finch	
2022	*The Bastard Son & The Devil Himself*	Hazel	Episode: "Episode #1.2"

Awards and nominations

Year	Award	Category	Work	Result	Notes	Ref.
2018	European Short Film Festival of Nice	European Competition: Female Interpretation	*Mercury*	Won	Shared with Isabella Laughland	[13][14]
2021	Screen Actors Guild Awards	Outstanding Performance by an Ensemble in a Drama Series	*Bridgerton*	Nominated		[15]

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External links

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